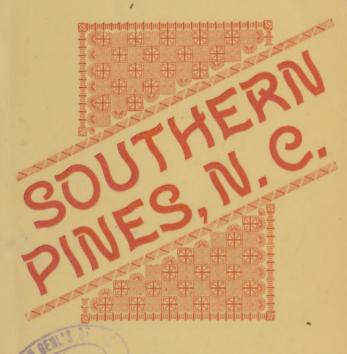
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The Ideal Resort

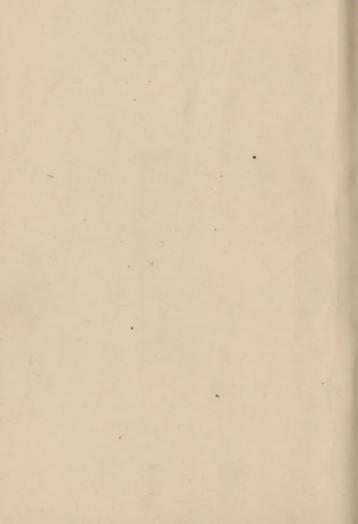


For Gonsumptives.



PUEMONARY TROUBLES

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#### IDEAL PLACE

For Those Suffering From

## PULMONARY TROUBLES.

BY WILLIAM C. WILE, A. M., M. D.,

DANBURY, CONN.

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#### THE IDEAL PLACE FOR THOSE SUFFERING FROM PULMO-NARY TROUBLES.

BY WILLIAM C. WILE, A. M., M. D.,
OF DANBURY, CONN.

THE RESULT attained by the Doctor, by sending his patients away to reputed health-resorts, especially those recommended for the benefit of people afflicted with lung troubles, has been anything but satisfactory. So many are alluded to without proper data to substantiate their claims, that the average physician has become skeptical, and, rather than send his patients to a new country which has proved of but little benefit in the past, determines that he will keep them at home under his own protection and care, trusting to conscientious medication, together with

the home influence, to prolong life and

retard the process as best he can.

I do not wish to be understood as saying that none of these resorts are good, or that there are no places in this broad country of ours that are not better for consumptives to live in, than at home, but I do maintain that those which have good surroundings and are the "best resorts," are not curative—only palliative, each one lacking some of the essential factors which go to make such a place curative.

At this point it is pertinent to inquire, what is the ideal resort for a patient with lung diseases, and what are the component parts which such a place should possess, in order to entitle it to this name?

I. It must be located on high ground, II. The drainage must be perfect.

III. The temperature must be even.

IV. The rainfall must be small, and the water speedily absorbed by the ground, so that as little moisture as possible shall be held by the surface.

V. The air must be dry, and this cannot be present unless the fourth con-

dition is established.

VI. The air must be pure, as well as dry.

VII. The place must be a a quiet one,

Rest and quiet are two very important factors in the relief and cure of pulmon-

ary diseases.

VIII. The surroundings of such a place must be of a character to preclude everything which will interfere with sleep, and, if possible, as in the pine woods, conducive to sleep.

IX. The water must be pure and

wholesome.

X. The hotels good and the food nour-

ishing.

XI. If we can have, combined with these, an atmosphere laden with balsamic odor of the pine trees, it will be as near the ideal resort, for this class of

patients, as we can hope for.

Some of our noted resorts, like Lakewood, N. J., Aiken, S. C., Asheville, N. C., all have more or less of these advantages, but not all; and, therefore, while helpful to the patients, are not so to that point we should seek for.

A recent visit to Southern Pines, N. C., has convinced us that it is the ideal place for patients suffering from pulmo-

nary diseases.

We took the Old Dominion line of steamers from New York, leaving that city at 4 p. m.; reaching Portsmouth, Va., about 4.30 p. m. the following day. This line is noted for the care they take

of passengers.

Stopping all night with mine host of the Ocean House, Portsmouth, we, the next morning boarded the well-equipped train of the Seaboard & Roanoke R. R. This road is one of the best in the South. The cars are commodious, the service fast, and the employees courteous and attentive. The road runs through a delightful country, with diversified scenery, embracing some of the most interesting points in this section. After a run of three and a half hours we arrived at Raleigh, where we staved till five o'clock in the afternoon, visiting points of interest in that old Southern city, the capital of the State. On this day, the Governor of the State of North Carolina was buried, and we witnessed the funeral cortege. At 8 o'clock the conductor called out "Southern Pines," and we were at our destination.

It was dark when we arrived; the wind was sighing through the pine trees, and as our feet sunk deep in the sand, which shimmered white in the gathering gloom, it took but a little stretch of imagination to fancy that we were at the sea-shore.

The position of North Carolina in the central portion of the north temperate

zone gives it a climate unexcelled in any other portion of the world. Exempt from the extreme cold of the Northern States and from the torrid heat and malarial influences of the more Southern, it is also protected from the bleak winds of the northwest by the lofty Appalachian Mountains. The Gulf Stream impinges upon and passes along its eastern coast, producing a soft, genial climate, similar to that of Southern Italy and France.

Observations extending over many years show the following mean temperature:

Middle	Section	Genoa,	Florence,	Bordenux,
	N. C.	Italy.	Italy.	France.
Mean An'l.	550	610	590	570
Summer,	11	75	7.5	71
Winter,	44	47	44	43

In Moore county, in about the centre of this highly favored State, near the town of Manly, with its churches, schools, and facilities for shopping, about fifty miles south of Raleigh, midway between the Pedee and Cape Fear rivers, in about 32 12 north latitude, and 79-21 west longitude, will be found an enormous sandy ridge, rising to a considerable height above the level of the sea, by gentle undulations, forming numerous small hills and valleys. This

rudge, for the most part covered with long-leafed pines, has been known for many years as Shaw's Ridge.

Upon the summit of this ridge the town has been laid out, and called "The

Southern Pines."

Situated in the heart of the renowned long-leaf pine belt, and at its highest elevation, 600 feet above sea level, and within a day's ride of New York, it possesses all of the advantages of resorts farther South, while being free from the many well-known disadvantages often encountered there. Its superior location in the midst of the noble pines, whose health-giving and delicious odor is constantly inhaled, and the remarkable purity of the water here obtained, tooother with its extremely mild climate, renders this the most desirable resort for persons suffering from lung, throat or malarial troubles.

As a climate for consumption and all diseases of the throat and air passages, no better endorsement need be desired than that of the late Professor W. C. Kerr, formerly State Geologist of North Carolina, as published herein. "Average annual mean temperature 58°; average summer temperature, 77°; average winter temperature, 44°; and average mini-

mnm, 13°; while a record of 10° is rarely made east of the 'Blue Ridge.'

"The average mean annual rainfall is 45 inches. This precipitation is distributed nearly uniformly through the different seasons, and notwithstanding this large amount of rainfall, the tables of humidity show that the climate is as dry as that of France, and the caltivation of the vine, cotton, silk, etc., furnishes the strongest practical truth of the fact." Many persons suffering severely from asthma, have here found wonderful relief from their treatle, and returned home greately benefited.

Pronounced by the best medical authorities as being one of the greatest natural sanitariums known, the work of improvement has, during the past year, been steadily progressing, until it is now assured this place is destined to become the most popular of Southern

health resorts.

As will be seen, invalids can reach it without fatiguing changes or irksome delays, and while there enjoying the soft climate, they feel that they are within easy reach of homes and friends. Easiness men of slight physique, when warned by the signal-service reports of the approach of severe storms, can speed ily take refuge here, avoiding the cold

wave and luxuriating in this mild climate and balsamic odor of the pines. When the storm has passed, a single day's ride will restore them to business, refreshed by the trip, and better able to meet the cares and demands of Wall street, or trade.

G. H. SADDLESON, M. D., in 1884, in writing of this resort says: "It having been known that I had resorted to this locality on account of pulmonary trouble, and had received marked benefit, I was requested to write my views concerning this region. The points presented regarding the elevated long-leaf pine section, are based upon observations made by myself during a three years' residence here, and corroborated by other resident physicians, also by many persons of high standing who have lived in this locality since early childhood.

Extending from Southeastern Virginia along the Atlantic coast, to the most southern part of Florida, is the great long-leaf pine belt of America. From this species, botanically termed Pinus Australis, are manufactured the spirits of turpentine, resin, tar and pitch of commerce. This variety is also known by the name of yellow and pitch pine, but these terms are inappropriate, as

they are applied to other species.

It has long been known by scientific men, that the curative properties which exist in the pine, are held in a much higher degree by this variety than any other, when such properties are directed to the cure of disease of the air passages. This is a point well worth noting, for the following reasons: Some noted health resorts are spoken of as being situated in a locality where the growth is pine, but the species referred to is the short-leaf or white pine. We would not speak disparagingly of the latter variety, as it is certainly a valuable accessory to the cure of such diseases; nevertheless we would reiterate our opinion, backed by the best medical authority, that the long-leaf pine is much superior.

Again, the generation of ozone is much greater in a country covered with the longleaf than one invested with the white pine.

Quoting again, and this time from S. Edwin Solly: "Ozone, however, is absent where injurious decomposition is going on, as in sick chambers; and is least in towns and greatest in the sea and mountains and under pine woods. Its presence is an evidence of atmospheric purity."

Soil is a matter of vast importance as regards a health resort, when the per-

son choosing shall need a dry, pure atmosphere as being beneficial to his discase. "Dampness of the soil which of course entails dampness of the lower layers of air, appears to be connected with the development of rheumatic affections, and of phthisis, since drainage of the soil has in many cases been followed by distinct diminution of mortality from phthisis" (Bowditch, Bu-

chanan, Simon).

Dr. S. E. Solly says, in his work on "Health Resorts," "It has been previously pointed out how a reasonable amount of rain or snow may fall without ill effects, and have certain purify ing and vivifying advantages. Bethese advantages are very quickly modified prejudicially, if the soil on which they fall retains the moiscure, as then the after-dampness produced has all the bad effects of dampness without the good ones. Therefore, in looking at the rain and snow fall of a particular locality, the quality of the soil is a most important element for consideration by the physician." Dr. Herman Weber, a very eminent authority on climatic health resorts, says: "The influences of the soil on the temperature and humidity of the lower layers are manifold. even when its inclination is the same;

the amount of meisture which it absorbs, the speed with which it soaks in, the rite with which evaporation takes place, its capacity for heat, and the rate of heating and cooling, all change with the nature of the soil." Sandy soil, if of the proper kind, is much to be preferred, and for the following reasons: If the sand is of sufficient depth, and is unmixed with much other matter, we have, as it were, a perfect absorbent or filter. Therefore, while the air may be made pure, as it always is by rainfall, yet we do away with disease caused by stagnant surface water.

This fault can and does occur on soil other than sand, and is an imperfection in the location of a health resort for the cure of pulmonary diseases, which can only be counterbalanced, if at all, by a very slight rainfall. It is worthy of notice here, that rainfall is not synonymous with humidity, as very often the rainfall is very slight, yet the air is quite humid, as in Southern California, for example; for if there are no cold currents, the vapor in the air will not be precipitated.

While the importance of a sandy soil cannot be overestimated as a prerequisite to a health resort, yet its beneficial results would be sadly marred (if not en-

tirely counterbalanced) by large streams or bodies of water near by, owing to their cooling effects on the vapor in the atmosphere, which would be condensed and produce fogs, which, of course, is a very serious objection. Also the miasma, which is always present in low lands bordering on large streams in much greater proportion than in sections of higher elevation, is liable to induce malarial diseases, and an attack of the same would seriously mar any good effect that would otherwise accrue to the sufferer. This is the case in many parts of Florida and Georgia.

The soil of "The Southern Pines" is of clear sand of a great depth, forming a layer over this country, having been found on the summit of Shaw's Ridge to the depth of over ninety feet; it does away with surface dampness, except

when the rain is falling.

The drainage of this section is perfect; for, aside from what the soil absorbs of itself, the surplus is easily carried off, this being an elevation with a descent on both sides. It is a water shed between two streams.

It would seem, and is true, then, that while there are decided curative properties in a region clothed with long-leaf pine, yet there is a drawback in the fact that nearly all sections in which that species abounds are of but small elevation above sea level, and many districts are traversed by large streams with low banks; therefore it is desirable to seek a place where the yellow pine is found on elevated ground, also away from streams or large bodies of water. Yet too great elevation is to be avoided, as well as an entire absence of water.

Granted, then, that a locality of some altitude in the long-leaf pine belt is preferable to one of low, flat character, in what way can this be equal or superior to a health resort of great altitude? Dr. Herman Weber, in speaking of clevated localities as regards their beneficial effects in disease, says: "It may be said, as a rule, that the character of mountain climate is stimulating on most functions, and that it has a powerful therapeutic action, but it requires a certain integrity and resisting power of the constitution to attain this favorable effect."

Again, quoting from the article on "Colorado Springs and Manitou," by Dr. S. Edwin Solly, in which he speaks of the diseases unfavorably influenced at high elevation: "Invalids, with advanced and still active phthisis, in which both lungs are usually affected, are cases in which there is little hope for any-

where; but they are generally more comfortable in warm, mild places, accessible to their friends; but if they carnestly desire to try a mountain climate, the true state of things should be told them." In another place he speaks of "much general debility, with inability to bear wind, cold or change of temperature," as being unfavorably influenced at a high altitude. Now, we think we are safe in making the estimate that four-fifths of those who seek a change of climate for the cure of disease have arrived at that point where altitude, winds, colds, etc., do affect them unfayorably, as stated by the authorities quoted, and whose opinions are supported by the great mass of medical practitioners and by the patients themselves. Conceding, then, that the extremes of elevation have such serious drawbacks, it would seem that a locality of medium elevation, if found to possess most, if not all, the valuable properties before mentioned, should be preferred.

Among the advantages of resorts of moderate elevation might be mentioned the smaller degree of rarefaction of the atmosphere. The rarefied air of high altitudes demands extra lang power, whereas, patients affected with phthisis

or chronic bronchitis, in certain stages have much diminished lung power.

Again, the extremely low temperature of mountain resorts in Colorado, New Mexico, etc., militates against them. Nervous prostration frequently accompanies pulmonary disease, and patients thus weakened are unable to endure extreme cold. They are, therefore, forced to remain within doors, while the residents of resorts of medium elevation and temperature are enabled to obtain the full benefits of

dry, rarefied, out-door air.

While "The Southern Pines" has superior advantages in the way of drainage and absorption of surface moisture, yet the water supply is abundant and of the finest quality. In the small valleys are numerous springs of the purest of water, issuing forth as clear as crystal the great depth of sand, through which they pass, acting as a perfect filter, removing all deleterious matter. These springs unite to form brooks; two of these of good size are found in the Park. The vegetable growth is much more luxuriant along these little streams than elsewhere, and goes to add much to its beauty.

The manufacture of spirits of turpen tine and resin, will undoubtedly prove of great interest to most who shall come here, it will also be beneficial in a certain way, as many have received great benefit from breathing the fumes of the hot resin as it comes from the distillery. Many turpentine distilleries will be found in the immediate neighborhood of "The Southern Pines," and the stiller generally takes great pride in showing the visitor the intricacies of the process.

The famous "Jackson Springs" are within a few miles, and a short carriage drive will take one to this romantic locality. They are valued especially in the cure of dyspepsia and allied diseases.

Another half hour's drive over a smooth but winding road, bordered on either side its entire length by the tall, majestic long-leaf pines, brings one to a very curious geological formation known as "Paint Hill." Here is found an unaccountable upheaval of marl bed, quite interesting, where can be gathered numbers of small but rare fossils. In the valley beneath can be found quantities of petrified wood.

Returning to "The Southern Pines" by another route, we come to "Forest View," a prominent eminence, command-

ing extensive views.

Among the trees and flowers indigenous to this locality, which would prove of interest especially to the Northern invalid, who would forget his infirmity in his eager search for them, would be first, and what he could not well avoid seeing, the long-leaf pine. Upon taking his morning walk he would come upon one and another in succession, perhaps the following: the Persimmon, upon which he is quite apt to find a branch of mistletoe, the Black Gum, the Sweet Gum, the non-poisonous Dogwood, the beautiful, symmetrical Tulip Tree, straight as an arrow, the Sweet Bay and the beautiful Evergreen Holly, with its conspicuous searlet-red berries.

If the lover of nature's beauties was here at the proper season, he would find flowers, such as the sweet, delicate trailing Arbutus, the wonderful Trumpet Lily, the curious Frog's Bonnet, the wild Honeysuckle, Laurel and many others.

To those who would wish to attend religious service, opportunity is offered, as there are Methodist and Baptist churches at Manly, and Presbyterian at Bethesda, at all of which strangers would be welcomed.

In summing up the advantages which "The Southern Pines" possesses as a

health resort, we would first mention its

location and surroundings:

The advantages of soil, which are not surpassed, if equalled, by any other health resort in the world.

The elevation, which is greater than any other point in the long-leaf pine

belt.

The distance from streams of large size.

The almost entire, if not absolute,

exemption from malarial diseases.

Further, by reference to the map, it will be seen that the Gulf Stream :s it flows northward along the coast, will have its influence in this place, as the warm air from it will be blown across this part of North Carolina. Of course this conveys warmth, which, added to the fact that sand heats much faster than any other soil, makes evident the reason for this section having such mild winters. The snowfall here is slight.

Ozone being generated largely is an-

other valuable accessory.

Lastly, among the sanitary points, while the elevation is the greatest of of any I ke health resort in the South, yet it is not as great as the resorts of Colorado, New Mexico, Mexico, etc.: therefore, many invalids could be benefited here who would not be able to endure the extreme elevation, with its

ratched an, on account of deficiency of lung power, nor the cold which exists in those resorts of very high elevation.

"The Southern Pines" will become a favorite summer resort. The dry air, shady walks, gentle breezes, and thoroughly healthful location combine to recommend it. Sunstrokes are unknown, and during my three years' residence I have experienced no urpleasant effects from heat."

W. C. Kerr, late State Geologist of

North Carolina, says:

1st. That its winter climate is sufficiently mild for a very large class of invalids who now go to Florida or Aiken, because they know of no suitable locality nearer.

2d. That it has the most perfect drainage possible, being a high sand bank, which is never wet except when the rain falls.

3d. That it has an elevation of six hundred feet, much greater than any similar pine woods region, which is an important item in determining the condition of a resort for invalids with weak or deceased lungs.

ith. That it is within the sweep of the influences of the Gulf Stream, to which it owes much of the mildness and

equality of its climate.

5th. That it is situated in the midst of a rust jorest of long-leaf pine, the atmosphere of which exercises a beneficial and curative influence in all affections of

the air passages.

6th. That it is within twenty hours of New York, so that a multitude of people in the northern cities who are not able to leave their business for the whole winter, and only need to escape from three or four, or perhaps half a dozen severe storms, can easily reach it.

From the data which we have given it will be seen that Southern Pines possesses the greatest number of advantages for the invalid. One of the most important things for the latter is that the water is of the most absolute purity I have ever seen coming from the ground. A bottle, filled and kept in our warm room for nearly a week, uncorked, showed not a single trace of decomposition or fungous growth. The hotels are good and the cuisine generous and plain.

Situated within the limits of Southern Pines is an iron spring. Large quantities of the carbonate of iron are deposited on the sides of the spring, and the waters are filled with it, thereby making a very decided addition to the

building-up powers of the place.

The hotels have rooms built of pine inside, and there the patient can breathe the balsamic odors while sleeping as well as when awake.

Lumber is cheap, and good workmen plenty. Building lots in desirable localities can be purchased for from \$50 to \$200, and a good cottage, of from four to six rooms, can be built for \$400 to \$600.

One point impressed me at once—the desire to sleep. Sleep, sleep, sleep—all day long and all night long, seemed to be the only wish. We were afraid that if we slept in the afternoon we would not want to sleep in the night. But it made no difference, and it was said by the people who were there for their first two or three weeks is almost irresistible. This would seem to be a great place for the bad sleeper, and it acts beneficially.

To all classes of invalids who sleep while the recuperative and curative process is going on, rest, blessed rest, gives nature a chance to get in her fine work. If any one goes to Southern Pines expecting to find a big city he will be sadly disappointed. It is a health-giving country, but is compara-

tively undeveloped. But if you want rest, quiet, and a health!ul atmosphere, laden with a curative balsam, here it is, and no mistake. All the hotels and houses are new, and are owned and occupied entirely by Northern people.

The diseases which are most benefited at Southern Pines are broughitis, asthma. phthisis, nervous exhaustion, kidney and bladder troubles, insomnia, and allied disorders. A person suffering with asthma lays down flat on his back and goes to sleep like a Christian. I saw one gentleman there who had built for himself a house in Southern Pines and taken his family with him. In his old home in Vermont he was unable to find comfortable sleep for years. His life there was a miserable one. After the first night at Southern Pines, four years ago, he laid down and slept like other people, and has done so ever since. He weighed two hundred and seventy pounds when he went there, and he has lost forty pounds. He says that all the troubles he had with his lungs and heart have disappeared, and his look of perfect health corroborated his words. But the greatest benefit that comes from a resid nee at Southern Pines is to the patient with lung disease of any character, especially phthisis.

A most intelligent physician from New Hampshire, who had been there three waters, said, "I have seen so many cases come and go away from Southern Pines, benefited, that I come to look upon it as a sort of heaven for people

suffering with phthisis.

"It takes only a few days after they come here to begin to pick up; and some of the mest marvellous cases have come under my observation. One is that of Dr. Martin, chemist to the New York city board of health. It seemed that he must die when he came here, but to day he is at his post, apparently as well as ever, and that after a nine months' residence.

"Even my own case is a fair sample. With consolidation in the upper lobe of my right lung. I came here in very bad shape. As you see, I am quite well; still, fearing a return of my old trouble, I come here every winter and occupy my time in setting out grape vines and at tending to transient sick people."

I might multiply rases, for I talked with about fifty people, and examined many of them. The universal verdect was that all cases were benefited, that people could live there quite a long while comfortably when they would die

in other places. Of course, it must be understood that when a case is so far advanced that the lung is crippled and it cannot do further service, if the tubercles have penetrated other parts of the organism and the heart is badly run down. Southern Pines will not cure; but I am satisfied that cases taken there early enough will receive rapid and lasting benefit. There is a case which illustrates the value of that pure water. A gentleman, one of our party, has been for years a sufferer from lithiasis, and as a result of the disease he had a weak and irritable bladder, necessitating his getting up two or three times every night. After the first night of our arrival, he did not get up once, and the irritation during the daytime was very much lessened.

In conclusion, I am satisfied that Southern Pines possesses more of the qualifications of a genuine health-resort, especially for those who are afflicted with pulmonary diseases and all of those of the air-passages, than any other place with which I am acquainted or have read about.

Persons desiring information should address

Southern Pines Resort Co., Southern Pines, N. C.



Southern Gines, Moore, County n. C. is best on the highest David Ridge in the street 18th his the inject Climute I de the greatest amount i govern is guerrent ed. By The form of long leaf fine which towers a territory of Jeffry will in I sail direction.

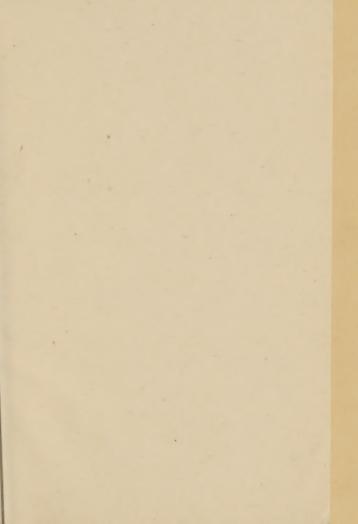
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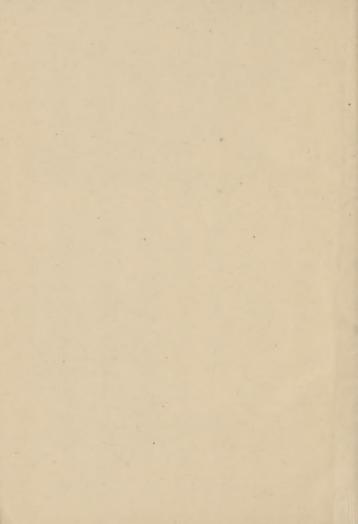
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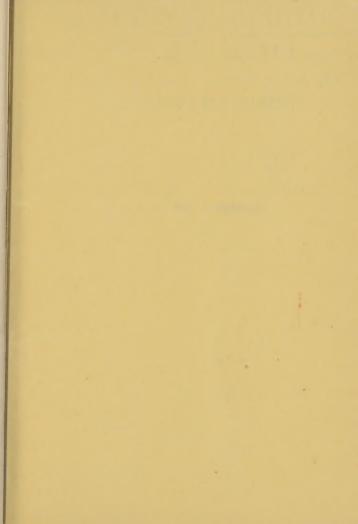
If you will publish the above notice in your editorial Columns, the will be preased to reciprocate, By Decuring for your transportation from sier york, Ballimore or Norfold Va, to Decethern Circs is in it will recent your Commence to Come dann. and if you should like after your have visited the place to write further favorable notices and advertise for no we will grady arrange satisfactory terms for you to do so. Respectfully Southern Pines Resort Co,

Southern Pines N.C. JES. 15 2/892,









### SOUTHERN PINES HOUSE

Only house having rooms on first floor.
SOUTHERN PINES, N. C.

HOTEL OZONE,
COUCH & HOLT, Proprietors,